

PHYSICAL THERAPIST ASSISTANT



Physical Therapist Assistant is an academic discipline concerned with the study of the implementation of physical therapy interventions provided under the direction of a physical therapist which include modalities, exercise (strengthening/range of motion), balance activities to improve functional movement patterns such as walking and transfers as well as optimize overall function and performance. The skills developed in within this discipline include critical thinking, hands on techniques, and professional skills.

In all cases, students should consult with a counselor for specific transfer requirements. College of the Sequoias Counseling Office may be reached at (559) 730-3715.

Career options include positions as Licensed Physical Therapist Assistant.

Contact Information

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Associate Degree

- Associate of Science in Physical Therapist Assistant (AS) (<https://catalog.cos.edu/areas-study/physical-therapist-assistant/associate-science-physical-therapist-assistant-not-for-transfer-as/>)

For a complete list of courses and descriptions visit: COURSES (<https://catalog.cos.edu/course-descriptions/>)

PTA 121 Fundamentals for the PTA 2unit(s)

Hours: 2 Lecture/Discussion

This course introduces students to the field of physical therapy by covering the history and values of the American Physical Therapy Association. It covers the development of the team approach in specific roles of Physical Medicine and Rehabilitation professionals in the health care system; discusses components of communication among the healthcare team, patients and family members/caretakers; and explores issues such as patient diversity and cultural competence.

Prerequisites: BIOL 030 or BIOL 031 or equivalent college course with a minimum grade of C.

Limitation on Enrollment: Acceptance into the PTA program.

PTA 125 Basic Principles of Patient Management 3unit(s)

Hours: 2 Lecture/Discussion Hours:
3 Lab

This lecture and lab course provides training in basic patient management, including bed mobility, transfers, and ambulation training. Course will include Physical Therapy assessments of goniometric range of motion. It will address infection control, isolation precautions, assessment of vital signs, and responses to pain. Course will cover basic documentation skills and documentation for interventions learned in this course.

Prerequisites: BIOL 030 or BIOL 031 or equivalent college course with a minimum grade of C.

Limitation on Enrollment: Acceptance into the PTA Program.

PTA 128 Kinesiology 3unit(s)

Hours: 2 Lecture/Discussion Hours:
3 Lab

This course instructs the PTA student in the study of human movement. It is a foundational course exploring the laws of physics and motion and applied anatomy. Students will determine biomechanical forces on the body. Topics will include musculoskeletal review of origins, insertions, innervations and actions of prime movers.

Prerequisites: BIOL 030 or BIOL 031 or equivalent college course with a minimum grade of C.

Limitation on Enrollment: Acceptance into the PTA program.

PTA 130 Physical Agents and Modalities 3unit(s)

Hours: 1 Lecture/Discussion Hours:
6 Lab

This lecture and skills lab course provides the PTA student with exposure to the duties related to dealing with physical agents, modalities and massage. These applications include the use of cold, heat, ultrasound, diathermy and hydrotherapy. Other modalities include mechanical traction, electro-therapy, compression and laser/light. Basic dressing changes and wound care with the use of universal precautions and infection control are covered. Soft tissue mobilization and therapeutic massage as therapeutic modality are presented. This course has a significant number of laboratory hours and psychomotor learning opportunities.

Prerequisites: PTA 125 or equivalent college course with a minimum grade of C.

Limitation on Enrollment: Acceptance into the PTA program.

<p>PTA 131 Engineering and Physics for PTA 1unit(s) Hours: 1 Lecture/Discussion This course is a basic introduction to topics of engineering and physics that are related to the field of physical therapy. Topics include motion, forces, levers, machinery, materials, science, light, sound, electricity and heat. Emphasis will be placed on practical application for the PTA. Limitation on Enrollment: Acceptance into the PTA Program.</p>	<p>PTA 150 Clinical Education 1 3unit(s) Hours: 9.5 Lab This course will involve supervised clinical instruction to observe/participate in the PT/PTA clinical activities. Emphasis will be placed on developing professional behaviors and interpersonal skills. Students will be given the opportunity to practice data collection, therapeutic modalities, transfers, patient positioning, patient instruction, and therapeutic exercise, as well as documentation of measurements and interventions. Students will practice assessment techniques including goniometry, manual muscle testing, and patient functional levels. Skills practiced are dependent on clinical site. This course is the PTA student's first exposure to clinical education. Clinical course work will include a 4 week clinical course at 40 hours per week at off-site lab instruction. Prerequisites: PTA 121 or equivalent college course with a minimum grade of C. Limitation on Enrollment: Acceptance into the PTA program.</p>
<p>PTA 139 Pathophysiology 2unit(s) Hours: 2 Lecture/Discussion This course presents signs, symptoms and complications of disease states of the body. It covers the nature of diseases and abnormalities of structure and function. The physical, clinical and laboratory presentation of disease process is examined. Prerequisites: PTA 125 or equivalent college course with a minimum grade of C. Limitation on Enrollment: Acceptance to the COS PTA Program.</p>	<p>PTA 152 Cardiopulmonary Rehabilitation 3unit(s) Hours: 2 Lecture/Discussion Hours: 3 Lab This course will apply the physiology of body systems as related to various influences such as aging, environmental exposure and pathological dysfunction. Included will be common disease pathways of the cardiovascular and pulmonary systems. The course will also introduce the student to cardiopulmonary fitness and rehabilitation techniques. Prerequisites: PTA 139 or equivalent college course with a minimum grade of C. Limitation on Enrollment: Acceptance into the PTA Program.</p>
<p>PTA 140 Administration 1unit(s) Hours: 1 Lecture/Discussion This course addresses issues facing physical therapist assistants. Topics presented include ethics, values, patient advocacy, personal and career development, access to health care, reimbursement, quality assurance and legal issues. Prerequisites: PTA 121 or equivalent college course with a minimum grade of C.</p>	<p>PTA 145 Neurorehabilitation for PTA 3unit(s) Hours: 2 Lecture/Discussion Hours: 3 Lab This course instructs the PTA student in the functional activities and rehabilitation procedures relating to the management of the patients with neurological diagnosis. Students will review normal neurodevelopmental sequences as well as developmental delays. The focus of the class is to integrate safe, legal, ethical and effective rehabilitation procedures for neurological patients. This course requires a high level of critical thinking and application, implementation and modification of physical therapy interventions. This class will help the student develop the necessary communication skills needed in the rehabilitation setting. Prerequisites: PTA 139 or equivalent college course with a minimum grade of C. Limitation on Enrollment: Acceptance into the PTA Program.</p>
<p>PTA 148 Orthopedic Management 3unit(s) Hours: 2 Lecture/Discussion Hours: 3 Lab This course instructs the PTA student in the application of kinesiological concepts to the clinical setting and treatment of orthopedic diagnoses. The focus is on safe, legal and ethical use of appropriate therapeutic exercise. Students will learn the physiological responses for orthopedic conditions and management of surgical cases. Prerequisites: PTA 128 or equivalent college course with a minimum grade of C. Limitation on Enrollment: Acceptance into the PTA Program.</p>	<p>PTA 155 Therapeutic Exercise 4unit(s) Hours: 2 Lecture/Discussion Hours: 6 Lab In this course students develop knowledge and skill in the treatment of various conditions. This course includes integration, modification and progression of concepts taught in previous courses in order to perform physical therapy interventions with multiple systems conditions. Integrated principles and application of therapeutic exercise will be reviewed. Specific topics include various motor learning techniques, proprioceptive retraining, balance, spinal stabilization, functional progression for the spine and extremities. Issues pertaining to health and wellness across the lifespan are presented. Prerequisites: PTA 148 or equivalent college course with a minimum grade of C. Limitation on Enrollment: Acceptance into the PTA Program.</p>

PTA 160 Clinical Education 2**5unit(s)**

Hours: 16 Lab

This course provides the PTA student with full time clinical education experience with application of previously learned techniques and skills in rehabilitation in various clinical settings. The focus is on safe, legal, ethical and effective use of physical therapy interventions. Focus is on communication skills, interpersonal relationships and professionalism required in the health care setting. Students are expected to assume a greater responsibility in the clinical setting, as they improve their clinical treatment skills. Students will have successfully completed the didactic portion of the curriculum and will make satisfactory progress toward competent and safe entry level PTA skills at the conclusion of this clinical experience. Skills practiced are dependent on the clinical site. Supervision is at the intermediate level provided by the staff of the affiliating institution and coordinated by the Academic Clinical Education Coordinator (ACCE).

Prerequisites: PTA 145, PTA 152, and PTA 155 or equivalent college course with a minimum grade of C.

PTA 161 Clinical Education 3**6unit(s)**

Hours: 18 Lab

This is a seven week, full-time affiliation, where students are given the opportunity to implement therapeutic treatments learned in the academic setting under the supervision of a Physical Therapist. The student will be responsible for patient care compatible to the role of the entry-level PTA utilizing knowledge and skills developed in the program. The student will have an opportunity to advance his/her skills level in the competencies experienced during Clinical Affiliation I and II to an entry-level within the role of the PTA. Students will demonstrate competent and safe entry level PTA skills at the conclusion of this clinical experience.

Prerequisites: PTA 145, PTA 152, and PTA 155 or equivalent college course with a minimum grade of C.

PTA 170 Seminar for PTA**1unit(s)**

Hours: 1 Lecture/Discussion

This course provides the Physical Therapist Assistant (PTA) student with the review of various systems and interventions provided by the PTA. Students will summarize and discuss management and interventions. Also included is the review of how to apply and prepare for the state board PTA licensure examination.

Prerequisites: PTA 155 or equivalent college course with a minimum grade of C.

PTA 400 PTA Skills Lab**0unit(s)**

Hours: 1 - 6 Lab

This course provides students additional directed learning and supervised laboratory time to develop and refine range of motion (ROM), manual muscle testing (MMT), transfer and gait activities.

Physical Therapist Assistant

Marquez, Nicole

B.S., University of California, Santa Barbara

D.P.T., Chapman University

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B.A., University of the Pacific

D.P.T., Sacred Heart University